

Weekly Diabetes Update

May 2, 2008



May 5th is the holiday known as Cinco de Mayo. Many people believe the holiday celebrates Mexican Independence Day, but you can learn the real story from <http://cnet.ucla.edu/cinco.html>.



1. The National Diabetes Education Program (NDEP) has several resources in Spanish. Go to <http://www.ndep.nih.gov/diabetes/pubs/catalog.htm#PubsHispLatino> to see what the NDEP has available.

2.

Funding Opportunities

- The Centers for Disease Control and Prevention (CDC) announces the availability of CDC **Public Health Research Dissertation Award** grants (R36) to support public health doctoral dissertation research. Grant support is designed to encourage doctoral candidates from a variety of academic disciplines and programs to conduct research in these areas of interest to CDC. It is hoped that this program will ultimately facilitate the entry of promising new investigators into the field of public health research. The average award amount will be \$35,000 in direct costs per year, and are awarded for up to one year, with the possibility of extension without additional funds for up to 12 months. The anticipated start date for new awards is within 5 months of submission. Application Submission/Receipt Date(s): April 10, **August 10**, annually. See the announcement on the CDC website at <http://grants.nih.gov/grants/guide/pa-files/PA-07-231.html#SectionIV3A>.
- **Adverse Metabolic Side Effects of Second Generation Psychotropic Medications Leading to Obesity and Increased Diabetes Risk** (R01). The National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) and the National Institute of Mental Health (NIMH), National Institutes of Health (NIH) invite investigator-initiated research grant applications for studies examining the adverse metabolic effects (i.e., obesity and diabetes) of psychotropic medications in animal models and across the human lifespan (including pediatric, adult and geriatric populations). Applications responsive to this FOA should focus on 1) increasing the understanding of the nature,

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If you would like an announcement included in a Weekly Diabetes Update, please email the request to our office at DiabetesMO@dhss.mo.gov

rates, and pathophysiology of adverse metabolic effects of psychotropic medications, 2) elucidating biomedical and psychosocial risk factors for the development of metabolic adverse effects of psychiatric therapeutics, and 3) develop interventions to prevent and/or mitigate metabolic adverse effects across the lifespan. For more information see the Grants.gov announcement at

<http://www.grants.gov/search/search.do?&mode=VIEW&flag2006=true&oppId=17580>.

- **Transdisciplinary Research on Fatigue and Fatigability in Aging (R01).** The purpose of this funding opportunity announcement (FOA) is to encourage submission of research grant applications on fatigue and fatigability in aging. This FOA is intended to promote research studies employing transdisciplinary approaches that could lead to increased understanding of mechanisms contributing to, assessment of, or potential interventions for, increased fatigue or fatigability in older persons. Both animal models and humans are appropriate for study under this FOA. This FOA will use the NIH Research Project Grant (R01) award mechanism and runs in parallel with a FOA of identical scientific scope, PA-08-162, that encourages applications under the Exploratory/Developmental (R21) grant mechanism. For more information see the Grants.gov announcement at <http://www.grants.gov/search/search.do?&mode=VIEW&flag2006=true&oppId=17581>.

3.

Diabetes Research News

- Having poorly controlled diabetes while pregnant can cause all sorts of harm, from stillbirths and miscarriages to birth defects. So experts are concerned that the number of women who already have diabetes by the time they conceive is rising rapidly: Between 1999 and 2005, the group doubled in size, growing significantly across all age, racial, and ethnic groups examined by Kaiser Permanent Southern California researchers, who report their findings in May's *Diabetes Care*. Read more in the U.S. News & World Report article at <http://health.usnews.com/articles/health/diabetes/2008/04/28/diabetes-in-pregnancy-is-on-the-rise.html>.
- Diabetic individuals have a significantly higher risk of developing Alzheimer's disease but the molecular connection between the two remains unexplained. Now, researchers at the Salk Institute for Biological Studies identified the probable molecular basis for the diabetes -- Alzheimer's interaction. Read more from Science Daily at <http://www.sciencedaily.com/releases/2008/04/080430125254.htm>.
- Diabetes classes or visits to a nutritionist by patients with diabetics are associated with lower hospitalization rates and reductions in medical costs, according to findings published in *Diabetes Care*. Read more in the article from Reuters.com at <http://www.reuters.com/article/healthNews/idUSCOL07004720080430>.
- In communities with an abundance of fast-food outlets and convenience stores, researchers have found, obesity and diabetes rates are much higher than in areas where fresh fruit and vegetable markets and full-service grocery stores are easily accessible. Read more from the Dallas Morning News at <http://www.dallasnews.com/sharedcontent/dws/news/healthscience/stories/043008dnnatfastfood.24f4a15.html>.

- Obesity and diabetes in younger women could be affecting death rates from heart disease, it has been reported. Researchers say they made disturbing findings in a study of all deaths in England and Wales between 1931 and 2005. Death rates among women under 50 may be leveling out and could even begin to increase after almost three decades of continuous falls. But the rate at which heart disease in women under 50 is falling is slowing, compared with the speed with which it is decreasing among older people. Read more in the article posted on The Press Association website at <http://ukpress.google.com/article/ALeqM5hz7YYxbfFrud5FBiIDSccpgDUkaw>.
- Scientists in **Britain** are calling for volunteers to test whether chocolate can reduce the risk of heart disease in women with diabetes. The researchers will use a specially formulated form of chocolate made by a Belgian chocolatier, which contains more flavonoids than usual - cocoa is rich in flavonoids, which are thought to benefit the heart. Experts warn that people should not start eating a lot of chocolate as it is very high in sugar and fat and say people with diabetes should eat a diet low in fat, salt and sugar, with plenty of fruit and vegetables. Read more in the article from News-Medical.net at <http://www.news-medical.net/?id=37862>.

4. African Americans Have Five Times Higher Amputation Rate

The overall amputation rate in northern Illinois is declining due to improved care for diabetes and peripheral vascular disease, new research shows. But not everyone is reaping the benefits. A new study from Northwestern University's Feinberg School of Medicine has found people in African American communities on Chicago's South and West Side have a five times higher rate of lower limb amputations than people in the predominantly white suburbs and exurbs. Read more in the article from Science Daily at <http://www.sciencedaily.com/releases/2008/04/080428104534.htm>.

5. PAD A Source of Discomfort

If you feel discomfort in your legs every time you go for a walk, it is possible that you have PAD, or peripheral arterial disease, particularly if you smoke or have diabetes, says Dr. Elizabeth Ratchford, assistant professor and director of the Clinical Vascular Medicine program at the Johns Hopkins School of Medicine's Division of Cardiology. Twenty percent of people 70 or older have symptomatic PAD, and many more people in that age group have PAD but do not experience the symptoms, according to the American Heart Association. Read more in the Baltimore Sun article online at <http://www.baltimoresun.com/news/health/balto.hs.expert01may01.0,5652362.story>.

6. May is National High Blood Pressure Awareness Month

High blood pressure (HBP) affects more than 65 million—or 1 in 3—American adults. HBP often has no warning signs or symptoms. Once it occurs, it usually lasts a lifetime. Uncontrolled high blood pressure can lead to heart and kidney disease, stroke, and blindness. Take the opportunity in May to get your blood pressure checked and learn more about HBP, how it affects the body, and how to control high blood pressure. For tips on lowering high blood pressure, visit <http://www.nhlbi.nih.gov/hbp/>.

7. American Stroke Month, May

May is an opportunity to raise awareness about stroke prevention, knowing the signs of a stroke, and what to do in case of a stroke. For more information visit the American Stroke Association website at <http://www.strokeassociation.org/presenter.jhtml?identifier=1200037>.

8. Gum Disease Can Contribute To More Harm Than Just To Your Teeth

"Watch your mouth," the saying goes, and science is turning up ever more reasons to heed that advice literally. According to the editors of Consumer Reports, preventing gum disease (periodontitis), the leading cause of adult tooth loss, is gaining new urgency as research shows that gum disease can contribute to illnesses such as diabetes, heart disease, stroke and pneumonia. The culprit, scientists believe, is a spillover of bacteria and inflammatory agents from the mouth into the bloodstream, which bustles them off to the rest of the body. To read more on this subject, please visit www.diabetesnews.com/.

9. Pregnant Women Who are Obese Linked with Greater Health Care Services Use

Obesity during pregnancy is associated with greater use of health care services and longer hospital stays, according to a study from CDC and Kaiser Permanente Northwest Center for Health Research. The study is the first to document the effect of obesity during pregnancy on the use of health care services. For more information see <http://www.cdc.gov/od/oc/media/pressrel/2008/r080402.htm>.

10. National Women's Health Week, May 11-17

National Women's Health Week empowers women across the country to get healthy by taking action. The nationwide initiative, coordinated by the U.S. Department of Health and Human Services' Office on Women's Health (OWH), encourages women to make their health a top priority and take simple steps for a longer, healthier and happier life. For more information visit <http://www.cdc.gov/women/> or <http://www.womenshealth.gov/WHW/>.

11. "Faith in Action" Conference in Kansas City

Please see the information following this Update for the "Faith in Action" conference in Kansas City, Missouri, on May 31st. This conference is for anyone interested in starting a faith-based health ministry.

12. Weekly Diabetes Recipe

Please go to the following website to enjoy this week's recipe for **Broccoli and Potato Chowder**: <http://www.diabeticcooking.com/DCRecipes/225/4154001225.htm>.



Kansas City Quality
Improvement Consortium

A Collaborative Effort

Aetna, Inc.

Blue Cross Blue Shield of Kansas City

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CIGNA Healthcare

Coventry HealthCare of Kansas, Inc.

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Wyandotte Counties

**6000 N. Oak, Suite 300
Kansas City, Missouri 64118
Phone: 816-453-4936
Fax: 816-453-4107**

www.kcqic.org

**Invitation to Participate in our Free
Bi-State "Faith in Action" Conference
Saturday, May 31, 2008 9:45 am – 2:30 pm**

**Westin Crown Center Hotel
Kansas City, Missouri**

**Faith in Action: Overcoming Health
Disparities through Health Ministries**

The Kansas City Quality Improvement Consortium and our Faith-Based Initiative Advisory Board cordially invite you to attend a one day seminar - "Overcoming Health Disparities through Health Ministries". This program is for Clergy, Clergy Spouses, Lay Leaders, Administration Staff, Parish Nurses, Health Ministry Volunteers, and others involved or interested in faith health ministries. The goal of this meeting is to share ideas about how to improve the health of congregations and the community through health ministry programs. The program will highlight national statistics about health ministries and health disparities, identify barriers, highlight successes and answer questions about how to build upon current health ministry programs. Eliminating health disparities and improving the health of the community is a combined effort in which the church can play a major role.

The program will be held from 9:45 AM to 2:30 PM on May 31, 2008. A continental breakfast will be available starting at 9:30 AM. A registration form is attached. You will need to complete the form and send it back for confirmation. Space is limited so please return your registration as soon as possible.

A limited number of hotel rooms have been reserved for people traveling from outside the Kansas City metropolitan bi-state area and will be reserved for participants on a first-come, first-served basis. The continental breakfast and lunch will be provided to everyone in attendance. All other expenses will be up to each individual attendee.

An agenda and registration form is attached.

Please contact John Cyprus at 816-217-3123 or jcyprus-kcmo@crn.org for questions.

We look forward to your involvement and interaction with our presenters on May 31st.

Seminar Program

- 9:00 AM Registration and Continental Breakfast. Exhibits Open
- 9:45 AM Setting the Stage for Our Journey
- 10:10 AM Status Report: Findings from the Congregational Health Ministries Survey
- 10:30 AM **The 10 Commandments of Health Ministry – Dr. Cheryl Taylor, Southern University, Baton Rouge, LA**
- 11:15 AM **Breakouts I - Beyond Health Fairs: Coming Up with One or More New Ideas**
- Session A – Improving Personal Responsibility: “We Practice Better Health Care Together” Campaign
- Session B – Session B – Sabbaths of Hope: Faith Communities Responding to Depression
- Session C – How Faith Ministries Promote Health Care Quality
- Session D – What is Killing Our Congregations? Health Disparities in Cardiovascular Disease, Cancer, Diabetes and Asthma
- 12:00 Boxed Lunch – Take to next breakout room
- 12:15 PM **Breakouts II – Faith In Action**
- Session E – Presenting a Winning Recipe: African American Church Partnerships in the Heart of New Orleans
- Session F – The Health Education Role of the Church
- Session G – Health Ministries: Getting Started and Expanding Existing
- Session H – How Churches Advocate for Improved Public Health Policies
- 1:00 PM **Call to Action: Working Together for Better Health**
- Rev. Emanuel Cleaver II, Fifth District Congressman, Missouri*
 Secretary Roderick Bremby, Kansas Department of Health and Environment
- 2:30 PM Wrap up

Faith in Action:

Overcoming Health Disparities Through Health Ministries

The 5th Kansas City Program in the Patient Advocate Leadership Summit (PALS) Series

Westin Crown Center Hotel - Kansas City, MO

May 31, 2008 Hosted by: Kansas City Quality Improvement Consortium

*Please return the completed form to John Cyprus
via fax 816-453-4107 , or Email Jcyprus-kcmo@crn.org by May 21, 2008*

PARTICIPANT REGISTRATION FORM (Please Type or Print)

<i>Last Name:</i>	<i>First Name:</i>	<i>MI:</i>
<i>Faith-Based or Community Organization</i>		
<i>Address:</i>		
<i>City:</i>	<i>State:</i>	<i>Zip:</i>
<i>Daytime Phone:</i>	<i>Fax:</i>	<i>Email:</i>
<i>Preferred Name on Name badge, if different:</i>		
<i>Emergency Contact</i>	<i>Name:</i>	<i>Phone:</i>
<u>Hotel Information</u> <i>Hotel Needed:</i> <input type="checkbox"/> Yes <input type="checkbox"/> No <i>A limited number of hotel rooms have been reserved for those coming from outside the Kansas City, Bi-State area on a first come basis. If you indicate "yes", a room will be reserved for you at the Westin Crown Center Hotel for the night of May 30 if rooms are still available in the rooming block. We will notify you if you request a room and the rooming block is already full. The deadline date for room registration is <u>May 2, 2008</u>. Saturday meals will be provided for those registered and attending the conference.</i>		
<i>Meeting registration is limited to the first 120 individuals who register. Please register early to guarantee your participation.</i>		
<i>*Please indicate any Dietary Restrictions/Special Requests:</i> _____		
<i>Please contact John Cyprus at 816-217-3123 or at jcyprus-kcmo@crn.org if you need additional information.</i>		

What do you hope to gain by attending the seminar?

Information on programs currently offered by area health ministries.

Information on how to provide effective health education through my church.

Information on available health care resources.

Information on how to start or expand a health ministry program in my church.

If you are planning to host a faith based health event please provide details below.

Date

Sponsor organization

City and state